


DECEMBER 2012 – Salt River Fitness Center GROUP EXERCISE CLASS

10005 E. Osborn Rd Blg #32 Salt River Ph: 480-362-7320, Diabetes Program Ph: 480-362-7342

Hr: Monday – Thursday 6:00am to 7:30pm , Friday 6:00am-6:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>3</u></p> <p>11:00a – 2:00pm Fitness Center CLOSED Tribal Employee Christmas Luncheon</p> <p>SR High 3:35P-3:20P NO CLASS</p> <p>5:30P-6:30P Lo Cardio & Sculpt w/Jason 6:30P-7:15P Senior Dance 55+ w/Roberta</p>	<p>4</p> <p>6:10a-6:55a Spinning® w/Rachel 9:30am-10:00am YS-Mousercise 12:05P-12:50P Total Body Conditioning w/Dion</p> <p>SR High 3:35P-4:20P Zumba w/Rachel</p> <p>5:30P-6:30P Spinning® w/Michelle 6:30P-7:15P Boxing w/Nevelle</p>	<p>5</p> <p>12:05P-12:50P Spinning® Circuit w/Michelle 5:30P-6:30P Zumba® w/Rachel</p>	<p>6</p> <p>6:10a-6:55a Spinning® w/Rachel 9:30am-10:00am YS-Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05P-12:50P Zumba® w/Robin</p> <p>SR High 3:35P-4:20P Ab-solute Work w/Jason</p> <p>5:30P-6:30P Cardio Mix w/Jason</p>	<p>7</p> <p>12:05P-12:50P Spinning® & Abs w/Michelle 5:30P-6:30P Zumba® & Sculpt w/Rachel</p>
<p><u>10</u></p> <p>11:05A-11:50A Yoga Stretch w/Rachel 12:05P-12:50P Spinning® w/Michelle</p> <p>SR High 3:35P-3:20P Circuit Training w/Michelle</p> <p>5:30P-6:30P Lo Cardio & Sculpt w/Jason 6:30P-7:15P Senior Dance 55+ w/Roberta</p>	<p>11</p> <p>6:10a-6:55a Spinning® w/Rachel 9:30am-10:00am YS-Mousercise 12:05P-12:50P Total Body Conditioning w/Dion</p> <p>SR High 3:35P-4:20P Cardio Kickboxing w/Rachel</p> <p>5:30P-6:30P Spinning® w/Michelle 6:30P-7:15P Boxing w/Nevelle</p>	<p>12</p> <p>11:00a-1:00p Fitness Center CLOSED DHHS Meeting/Luncheon</p> <p>5:30P-6:30P Zumba® w/Rachel</p>	<p>13</p> <p>6:10a-6:55a Spinning® w/Rachel 9:30am-10:00am YS-Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05P-12:50P Zumba® w/Robin</p> <p>SR High 3:35P-4:20P Ab-solute Work w/Jason</p> <p>5:30P-6:30P Cardio Mix w/Jason</p>	<p>14</p> <p>12:05P-12:50P Spinning® & Abs w/Michelle 5:30P-6:30P Zumba® & Sculpt w/Rachel</p>
<p>17</p> <p>11:05A-11:50A Yoga Stretch w/Rachel 12:05P-12:50P Spinning® w/Michelle</p> <p>SR High 3:35P-3:20P Circuit Training w/Michelle</p> <p>5:30P-6:30P Lo Cardio & Sculpt w/Jason 6:30P-7:15P Senior Dance 55+ w/Roberta</p>	<p>18</p> <p>6:10a-6:55a Spinning® w/Rachel 9:30am-10:00am YS-Mousercise 12:05P-12:50P Total Body Conditioning w/Dion</p> <p>SR High 3:35P-4:20P Step Aerobics w/Rachel</p> <p>5:30P-6:30P Spinning® w/Michelle 6:30P-7:15P Boxing w/Nevelle</p>	<p>19</p> <p>12:00P-1:00P ZUMBA “Christmas Boogie at Noon!” <i>@ Two Waters Amphitheater</i></p> <p>5:30P-6:30P Zumba® w/Rachel</p>	<p>20</p> <p>6:10a-6:55a Spinning® w/Rachel 9:30am-10:00am YS-Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05P-12:50P Zumba® w/Robin</p> <p>SR High 3:35P-4:20P Ab-solute Work w/Jason</p> <p>5:30P-6:30P Cardio Mix w/Jason</p>	<p>21</p> <p>12:05P-12:50P Spinning® & Abs w/Michelle 5:30P-6:30P Zumba® & Sculpt w/Rachel</p>
<p>24</p> <p>Fitness Center CLOSED</p> <p>Tribal Office Closed</p>	<p>25</p> <p>Fitness Center CLOSED</p> <p>Merry Christmas</p>	<p>26</p> <p>12:05P-12:50P Spinning® Circuit w/Michelle 1:00P-1:45P NO CLASS 5:30P-6:30P Circuit Training w/Michelle</p>	<p>27</p> <p>6:10a-6:55a NO CLASS 9:30am-10:00am YS-Mousercise 11:05am-11:50am Yoga Stretch w/Jason 12:05P-12:50P NO CLASS 5:30P-6:30P Cardio Mix w/Jason</p>	<p>28</p> <p>12:05P-12:50P Spinning® & Abs w/Michelle 5:30P-6:30P Zumba® & Sculpt w/Rachel</p>
<p>31</p> <p>11:05A-11:50A Yoga Stretch w/Rachel 12:05P-12:50P Spinning® w/Michelle</p> <p>FITNESS CENTER CLOSING AT 6:30PM NO EVENING CLASSES “Have a Happy New Year’s Eve!”</p> <p>FITNESS CENTER CLOSED NEW YEAR’S DAY</p>				

Class Description:

Ab-solute Training: Get a whole body workout with an emphasis on abdominal training. Class will contain a mix of exercises to strengthen and stretch the core muscles of the abdomen and back. Stability Ball and other equipment may be utilized. There is no aerobic component.

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparring with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Cardiovascular workout will be followed by abdominal workout.

Cardio Mix: This class is a mix of variety of cardio classes, such as, Hi/Lo, Step Aerobics, Cardio Kickboxing, Circuit Training and etc. This class will add variety to your workout that will be fun and filled with high energy. Bring your energy and MOVE! ***Resistance training maybe add to during cardio workout or at the end of the workout.*

Circuit Training: Get a whole body workout! In this class participants will alternate 3-4 minutes of cardio with 2-3 minutes of strength or class format maybe done as a group circuit session. Time flies as you work it ALL!!!

Lo Impact & Sculpt: Looking for a low impact class that will burn the fat and sculpt your muscles? This class is for you to start of the week. This class is great class to join. The instructor will take you through a 10 minute warm up followed by a 30-40 minute cardio and weight training workout (you choose your dumbbell weight) for a total body workout. *ALL FITNESS LEVELS WELCOME!*

Senior Dance Class 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format.

BRING A WATER BOTTLE AND TOWEL YOU WILL NEED IT! LIMITED TO 7 RIDERS First Come Serve!!!

Spinning® is a program developed by Mad Dogg Athletics, Inc. Instructors: Michelle Long and Rachel Seepie are certified to teach the Spinning® Program.

Spinning®: Indoor cycling class. The Spinning program welcomes participants of all fitness levels. Whether you're a beginner to the skilled athlete, both start at the same place and successfully complete a 40-minute workout together. Spinning offers energizing, cycling-inspired rides that combine sound training principles, expert coaching and inspirational music for overall cardiovascular training. Spinning is safe and fun. Your instructor will guide you through flats, hills, runs, jumps and sprint (advance move). *The instructor will announce the layout of the type of class you be riding for 40 minutes or more.*

Spinning® & Abs: *This class is a 45 minutes workout.* Get to know your bike setting for an enjoyable and proper indoor cycling workout. Your instructor will guide you through flats, hills, and incorporate runs, jumps and sprints (advance move). Resistance adjustments for hills and other move will be instructed for an efficient and calorie burning workout. The cycling segment will be followed by abdominal workout. **A great class for beginners & intermediate cliental.**

Spinning® Circuit: This 45-minute class gets you moving around the room in a full body, interval style workout. We begin with one song warm up on the spin bike to get your heart pumping and muscles moving. Then off the bike for strength training exercise utilizing variety of equipment, such as , BOSU ball, stability ball, body bars, Step, Weights, Kettlebell and Medicine Balls. Exercises are specifically designed to condition a variety of muscles in your upper body, lower body and core. Then it's back to the bikes for round 2! *Appropriate for all levels.*

Total Body Conditioning (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Yoga Stretch: Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels. All levels welcome.

Zumba® Instructors Robin Mowers and Rachel Seepie are licensed to teach Zumba Fitness®.

Zumba®: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

Zumba® & Sculpt: Same format as Zumba in which the instructor will focus on basic choreography moves but basic moves for 30 minutes instead of 40 minute plus. Followed up by light to moderate weight/resistance training to sculpt your upper body, abdominals, and lower body.

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning.

*****If instructor is unavailable to teach the a class another instructor will sub the class, class may be changed to a different style or class may be canceled due to shortage of staffing. Signs and notification will be posted on facility, email or through announcements. Fitness Centers will be CLOSED on Tribal Government designated holidays, during meetings and other activities approved by Diabetes Program Manager & HS Supervisor. Questions: 480-362-7342***

